

# **Mental Health Support during the Pandemic**

**Samaritans** 116 123

<https://www.samaritans.org/>

**Mind** 0300 123 3393

<https://www.mind.org.uk/>

**Cruse Bereavement Support** 0808 808 1677

<https://www.cruse.org.uk/>

**Papyrus Suicide Prevention in Young People**

0800 068 4141

<https://www.papyrus-uk.org/>

**National Domestic Abuse helpline** 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

**Respect - Men's advice line** 0808 801 0327

<https://mensadviceline.org.uk/contact-us/>

**Victim Support** 0808 168 9111

<https://www.victimsupport.org.uk/>